

Endorsement for: Hans Steiner, M.D. with Rebecca Hall

**Your Secret Mind: Getting To Know and Living With Your Unconscious**  
**London, Karnac Books, 2017**

To speak of the Unconscious 100 years ago meant in essence to confront humans with the fact that they were not „in full charge of themselves“, as Sigmund Freud said. Today, the matter has become quite a bit more complicated. Whoever dares to enter the world of the Unconscious has to be ready to be attacked from three angles.

Firstly, he will have to face the attack from the empirical sciences: the Unconscious is nothing but an expression of anachronistic romanticism. On the other hand, the Unconscious has become such an integral part of our thinking and everyday life, that one could say there is not much new to discuss. And finally, there are those among us for whom the idea of Unconscious motives and actions are simply a threat, which needs to be defeated.

Hans Steiner demonstrates outstanding elegance in countering these attacks. He shows how deep his understanding of the neurosciences is while also demonstrating his strong conceptual/theoretical basis in depth psychology. By linking both these worlds ( empirical science and depth psychology) to clinical examples from medical practice and psychotherapy he supports the idea that any convincing science needs to be anchored in life. In essence, he manages to show the reader that to be open to one's Unconscious is not just a threat, but results in an enormous expansion of our mental workspace.

What makes Hans Steiner's new book so credible and accessible at the same time is the fact that he has skills in three areas: he manages the chapters and books with a light touch, trusting that in the final result the mosaic of presented facts will congeal to a whole. He is not afraid to use his own unconscious and his life experiences as material to teach and demonstrate, setting an example for the reader and student. He brings life to the cold world of facts. Finally, his language is full of passion, spoken with a clear voice, which ends up being very convincing. Combining poetry and science, he succeeds in meeting our expectations: he tells a scientific story.

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Austrian State Prize for Youth Literature 2000

Literature Prize of the European Union 2009

Austrian State Prize for Literature 2010

